



 **66%**
HEALTH SCORE

Contadina® Insalata Minestrone

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



287 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce beans white rinsed drained canned
- 0.8 cup carrots diced
- 0.3 cup basil fresh chopped
- 1 clove garlic minced
- 0.3 cup olive oil
- 1 tablespoon oregano fresh chopped
- 0.5 cup peas frozen thawed
- 14.5 ounce canned tomatoes diced drained contadina® canned

- 2 tablespoons onion diced red finely
- 0.3 cup red wine vinegar
- 4 ounces rotini pasta dry
- 6 servings salt and pepper black to taste
- 2 tablespoons tomato paste contadina®
- 0.8 cup bell pepper diced yellow
- 0.8 cup zucchini diced

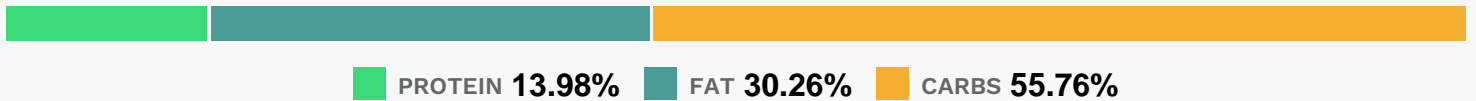
Equipment

- bowl
- whisk

Directions

- Cook pasta according to package directions.
- Drain and rinse with cold water.
- Combine pasta and remaining salad ingredients, except Parmesan cheese, in a large serving bowl.
- Whisk together dressing ingredients in a small bowl.
- Pour over salad and mix well. Refrigerate at least 10 minutes for flavors to blend before serving.
- Serve with grated Parmesan cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:65.69, Glycemic Load:12.19, Inflammation Score:-10, Nutrition Score:20.151304431584%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg,

Isorhamnetin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg
Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.01mg, Quercetin: 1.01mg,
Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 287.19kcal (14.36%), Fat: 9.93g (15.28%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 41.18g (13.73%), Net
Carbohydrates: 33.75g (12.27%), Sugar: 6.39g (7.1%), Cholesterol: 0mg (0%), Sodium: 345.74mg (15.03%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 10.32g (20.64%), Vitamin A: 3129.32IU (62.59%), Vitamin C: 50.85mg
(61.64%), Manganese: 0.87mg (43.61%), Fiber: 7.42g (29.7%), Vitamin K: 26.86µg (25.58%), Iron: 4.23mg (23.52%),
Potassium: 803.69mg (22.96%), Vitamin E: 3.26mg (21.76%), Copper: 0.43mg (21.68%), Folate: 81.78µg (20.44%),
Selenium: 14.22µg (20.32%), Magnesium: 76.79mg (19.2%), Phosphorus: 159.9mg (15.99%), Vitamin B6: 0.31mg
(15.69%), Vitamin B1: 0.2mg (13.26%), Calcium: 111.31mg (11.13%), Zinc: 1.59mg (10.63%), Vitamin B3: 2.1mg (10.52%),
Vitamin B2: 0.13mg (7.79%), Vitamin B5: 0.55mg (5.47%)